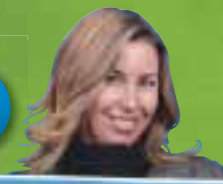


LONDON metro®



Tina Ferrone
Kanata
March 28

**\$48,000,000
WINNER**

'YOU'RE EITHER IN THE BOAT, OR YOU'RE NOT'

DAY 1 OF METRO'S LOOK AT IMMIGRATION: PROPOSED CHANGES WOULD MAKE THE ROAD TO CITIZENSHIP LONGER AND HARDER **PAGES 6 & 7**



USE METRO AR TO WATCH NEWCOMERS TELL 'THE STORY OF US'



London band Bobnoxious declares E.O.A.

Controversial single describes neighbourhoods 'East Of Adelaide' as being ruled by drugs, sex workers, sirens **PAGE 2**

For when you gaze long into the abyss ...

... the abyss gazes back at you. Use Metro AR to release the horror of Oculus **PAGE 11**



USE METRO AR TO WATCH NEWCOMERS TELL 'THE STORY OF US'

New Knights join the fray

London's first two OHL draft picks were International Silver Stick champs Max Jones and Ben Gleason from Detroit HoneyBaked **PAGE 17**



They may be small, but these tiny plastic pellets are causing a world of hurt for waterways like the Great Lakes, a Western University researcher says. SCOTT TAYLOR/METRO

An itsy, bitsy mega menace

Research. Western University professor casting new light on plastic dangers



SCOTT TAYLOR
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They look harmless enough on their own, but when small, plastic pellets the size of lentils accumulate in rivers and on the shorelines of the Great Lakes, the end result can be toxic.

Research being conducted by Western University is in the midst of gauging the danger this plastic debris can be causing to the largest freshwater system in the world.

Discarded plastic in the form of bottles and other containers has long been a problem. But Dr. Patricia Corcoran's work is proving that the pellets — a newer form of plastic pollution — is just as bad.

Corcoran, an Earth sciences professor at Western, is breaking new ground in what might become a serious menace. That's almost an understatement.

As part of her work, Corcoran and her team have found enough plastic pellets lining the shoreline of Humber Bay to equal about 25 metres

Quoted

"The danger is that persistent organic pollutants absorb into the plastic, and it's possible that fish could eat these, and we eat fish. It's unknown, but it's possible that the pollutants could be passed up the food chain."

Dr. Patricia Corcoran

of sidewalk.

"You'd expect that the first time we go there we'd find a lot of plastic," she said. "We collected it, and then the next time three weeks later there shouldn't be as much, but there was actually more."

Almost all of it comes from factories that use plastic, she said. It's estimated that about 47 per cent of the country's plastic products industry is located in Ontario.

The pellets get melted down to make bottles and other items, but thousands of them spill during transport or are swept off factory floors into drains.

"When we were at Humber River, we could see the pellets floating down the river," Corcoran said.

London band's new single hits close to home for some

You down with E.O.A.?

Is Bobnoxious's song offensive and crass or clever and funny? It may depend on which side of Adelaide you're on



SCOTT
TAYLOR

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It's not really a salute to London in the spirit of, say, Mayor Joe Fontana's City of Opportunity song.

But the new single from London's Bobnoxious is clearly increasing awareness of the city.

Or at least part of it.

E.O.A. — the name of the single and an acronym for neighbourhoods "East of Adelaide" — is either crass and offensive or clever and funny, depending on which side of the Adelaide fence you're standing on.

"The reaction has been really crazy," said Bobnoxious singer and guitarist Bob J. Reid. "Since it launched, it's gone gangbusters, man — absolutely crazy."

The single made its way

onto the radio last week, and, Reid said, "suddenly I got (people from) city hall calling me, you know what I mean?"

The song is heavy rock, but it's not the music itself that has caused the controversy.

The lyrics that happily describe the Bobnoxious view of the area E.O.A. have done that all on their own. It's Penny Lane in an alternate, dark universe, where drugs, sex workers and sirens rule — or so the song says.

Reid and his bandmates have been together for about 10 years. E.O.A. is pushing the band's efforts to crowdfund their sixth album, and they hope to raise \$10,000 to do it justice.

"That's what we're doing, so we took the song we know the best, right out of our own backyard," Reid said.

He paused in the middle of his next sentence and guided a visitor out of his east London studio.

"See that backstop over there?" he asked while pointing at Ealing Public School.

"See what's behind it? It's an abandoned shopping cart," he said with a laugh. "I'm just ... reporting on stuff I see every day."

The E.O.A. chorus

"Couches on the front porch — E.O.A.
Old abandoned shopping carts — E.O.A.
Don't worry how your yard is looking
It's OK — E.O.A."

Facing charges. Police say man stabbed victim, stole his vehicle after fight

A man is facing several charges after police say he stabbed a man and fled in the victim's vehicle early Saturday in east London.

Police said two men got into a fight at about 12:45 a.m. in the area of Hamilton Road and Highbury Avenue.

The victim was taken to hospital with injuries that are not believed to be life-threatening.

Police located the victim's vehicle in the area of Herbert Avenue and Clarke Road. After the driver sped

away, officers spotted the vehicle again in the area of Clarke Road and Dundas street.

It was later found abandoned at Veterans Memorial Parkway and Huron Street. A police dog tracked the suspect from that area and he was arrested a short time later.

Details about the person arrested and the charges he is facing have not been released.

The investigation is ongoing.

METRO



Bob J. Reid, the frontman for Bobnoxious, is causing a stir with his new single, E.O.A., which describes his take on life east of Adelaide Street. SCOTT TAYLOR/METRO

Hilton Avenue

Six charged after weed, cash found during police raid

Six Londoners aged 16-55 face drug-trafficking charges after police raided a residence last Thursday on Hilton Avenue in the city's east side.

Police seized 737 grams of marijuana worth \$7,370, a Jericho 941 Israel Weapon Industries .177-calibre pellet pistol and \$1,225 in cash.

Luciano Tomasetig, Joseph Tomasetig, Anthony Tomasetig, Katie Fredericks and two teens have been charged.

SCOTT TAYLOR/METRO

Marconi Boulevard

Search warrant reveals \$11K in coke, \$12K in cash

Four Londoners are facing drug charges after the police guns-and-drugs squad carried out a search warrant at a Marconi Boulevard residence last Wednesday.

Police seized more than \$11,000 worth of cocaine, various other illegal narcotics, two cars and more than \$12,000 in cash.

Matthew Eggett, 24, John Moorhouse, 35, Blair Johnson, 25, and Amanda Weeks, 22, are charged with possession for the purpose of trafficking.

SCOTT TAYLOR/METRO

Parliament & Millbank

Man accused of setting fire in former residence

A 22-year-old London man will answer to arson and other charges after an incident Saturday.

Police allege Gregory Dakin, a former occupant of a residence in the area of Parliament and Millbank, returned to the address to pick up some property.

Prior to leaving, police say Dakin set a fire and took the keys of a vehicle. The vehicle was stopped a short time later and Dakin was arrested. The fire caused no injuries and only minor damage. SCOTT TAYLOR/METRO

Ontario. Cellblock violence at five-year high

Ontario's jails are in the midst of a surge of cellblock violence that suggests the province's overcrowded correctional system is simmering with tension, statistics show.

Figures obtained under freedom-of-information requests reveal there were about eight prisoner-on-prisoner assaults a day in 2012-13 — up almost 30 per cent from the 2,300 attacks five years earlier.

And the number of times guards used physical force against inmates has almost doubled, reaching some 1,500 incidents from 800 in 2008-09.

The rise in violence comes alongside growing overcrowding in Ontario's jails, with almost half operating above capacity last year — another recent high that's seen three inmates locked in cells meant for two.

Glenn Johnson spent eight months in London's Elgin-Middlesex Detention in 2012 while awaiting trial on robbery charges.

After suffering a concussion from a slip in the shower, he said he was "punched out" by inmates demanding his medication — resulting in a second concussion.

Johnson said he found himself thrown into violence several more times, including when he was stabbed in the back with a pencil, and another time when, he alleges, he was handcuffed and pepper-sprayed by guards for laughing.

He said he can't get away from his stint behind bars.

"There's days when I can't even walk out of my house because I suffer from paranoia," said Johnson, who is on medication for the condition. "And I didn't go in that way. I came out that way."

Attacks

3,000

Prisoner-on-prisoner attacks in Ontario jails in 2012-13.
SOURCE: CANADIAN PRESS INVESTIGATION

Johnson is now a representative plaintiff in a proposed class action lawsuit that his lawyer estimates could ultimately include thousands of current and former inmates at the jail.

Correctional Services Ministry spokesman Andrew Morrison said the government is always trying to improve prisoner management.

"Despite our best efforts, violence does occur within a secure correctional facility," Morrison said in an email.

For their part, guards point to overcrowding and a lack of inmate programming as triggers for violence. They also complain about understaffing and poor instruction on handling the estimated one-in-five inmates who have mental health issues.

According to the statistics, inmate-on-staff incidents, which include uttered threats, jumped to 239 incidents in 2012-13 from 169 five years before.

Dan Sidsworth, who is chairman of the corrections division of the Ontario Public Service Employees Union, accused the government of playing down the numbers by recording a single attack against multiple guards as only one incident.

An average of two guards are assaulted daily, he said.

THE CANADIAN PRESS

Quoted

"We're basically a referee in a hockey game. Except they're not holding sticks, they're holding sharp-edged weapons."

Dan Sidsworth, guard at the Maplehurst Correctional Complex, the most violent jail in Ontario.

London-St. Thomas. Jobless numbers growing

Unemployment in London-St. Thomas inched up again last month, from an even eight per cent in February to 8.2 per cent in March, continuing an upward trend that began at the end of 2012.

One of the reasons for the increase was a smaller labour force.

Ontario's unemployment

rate dropped to 7.4 per cent in March from 7.6 the month before. Nationally, the rate fell a mere tenth of a percentage point to 6.9 percent, continuing a string of positive reports since August of 2012.

The London-St. Thomas unemployment rate sat at 9.6 in March 2013.

SCOTT TAYLOR/METRO



It turns out the Weldon Code's symbols correspond to the Roman alphabet — 26 capital letters, 26 lower case. TORSTAR NEWS SERVICE PHOTO ILLUSTRATION

Western's wonky Weldon code cracked

Clues. It was the artist, with the pen, in the library



SCOTT TAYLOR
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The confounding mystery of the Weldon cryptograms has been solved.

Toronto Star editorial board member Jordan Himelfarb, a determined investigative journalist if ever there was one, broke the news that he had broken the code on Saturday.

The story began March 10 when Western University economist Mike Moffatt discovered an envelope tucked inside a rarely opened textbook in the school's D.B.

Weldon Library.

Inside the envelope was a paper with what appeared to be symbols similar to Egyptian hieroglyphic writing. There was also a green plastic leaf marked with two dots. On the bottom left corner of the note was a photo of a white pillow.

Moffatt posted a photo of his findings on Twitter and offered \$100 to anyone who could figure out what it all meant. Soon after, others told him they'd found similar notes.

Then it went viral, as some of the best minds in the world tried to solve the mystery.

In all, 20 notes were found. Himelfarb found the last one, and the mystery then ended with him.

"No one could've seen this coming," Moffatt told

At a glance

These are just a few of the people who took a crack at cracking what's become known as the Weldon code.

- An Egyptologist at the University of Toronto
- Lars R. Knudsen, a renowned code breaker from Denmark
- U.S. website Boing Boing
- Readers of Reddit

In the end, here's what Himelfarb discovered: "Weldon code was an art project that came out of a second-year sculpture and installation class ... in 2012. The artist, then an undergraduate student, placed 121 letters in the Weldon stacks and moved on with (his or her) life."

The symbols do correspond to the alphabet, but were placed seemingly at random. Thus, they spell nothing that makes any sense.

"I think some people might be a little disappointed that even though the symbols indicate letters that the notes themselves don't say anything," Moffatt said.

On the other hand, it was a fun mystery while it lasted.

WITH FILES FROM TORSTAR NEWS SERVICE



Kellogg's in London THE CANADIAN PRESS

Kellogg's, workers come to agreement

Kellogg's London workers who will be out of a job when the Dundas Street plant shuts its doors later this year have accepted a tentative closure agreement with the company.

About 91 per cent of unionized workers who voted on

the agreement Saturday were in favour of the settlement. Details have not been released.

Kellogg's announced the impending closure of the factory last December.

SCOTT TAYLOR/METRO

In numbers

550

Number of unionized workers who will lose their job.

London, St. Thomas firefighters back from honouring the fallen

Boston. Locals show solidarity after two firefighters perish in nine-alarm blaze



SCOTT TAYLOR

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It's a journey they hate to take — but none of them would miss.

London and St. Thomas

firefighters have made their way home after a sad trek to Boston last week to salute fallen comrades.

Eight of them were among the thousands that attended the funerals of 43-year-old Lt. Edward Walsh and 33-year-old Michael Kennedy, who were killed while battling a nine-alarm blaze in Boston that also injured 13 other firefighters.

London Professional Firefighters Association president John Hassan said the journey was an emotional one.

"It is not the sort of trip any of us ever want to have to make again, but our reality is that the odds are many of us may have to at some point in the future," he said.

"With our brothers and sisters from Toronto, we made the long journey by bus and stood shoulder-to-shoulder with thousands of firefighters from across the U.S. and Canada."

Hassan said the group was proud of the sacrifice the men made to save others but sad to

know the toll the deaths have taken on the victims' families.

"The presence of so many Canadian firefighters was gratefully acknowledged by all of those we talked with," Hassan said.

Kennedy was a Marine sergeant, Iraq war veteran and responded to the Boston Marathon bombings. Walsh, at six-foot-four, was known as the gentle giant. Reports state the men were trapped in the basement after an explosion tore through the structure.



London-area firefighters were in the crowd Thursday as 33-year-old Michael Kennedy, a Boston firefighter killed in the line of duty, was laid to rest, as was Lt. Edward Walsh, 43. NICOLAUS CZARNECKI/METRO IN BOSTON

Gas-plant scandal

Wynne sues Hudak for libel

Premier Kathleen Wynne has followed through with a threat to sue Progressive Conservative Leader Tim Hudak for saying she "oversaw and possibly ordered the criminal destruction of documents."

A notice of libel was sent to Hudak, his party and MPP Lisa MacLeod on Friday after their refusal to back down from the controversial comments about deleted emails in the \$1.1-billion gas-plants scandal.

"Premier Wynne gave the opportunity for Mr. Hudak to pull back from his statements. Unfortunately, he did not," Wynne spokeswoman Zita As-travas said Friday night.

The premier's office was unable to disclose what damages are being sought, if any, in the legal action being quarter-backed by Mark Freeman — a former deputy attorney general.

Hudak's office had no comment, but MacLeod, who was also critical of Wynne, tweeted, "Oh dear."

Police have not disclosed any evidence that hard drives were wiped under Wynne's premiership but are doing a forensic examination of computers seized from the premier's office from the time of the transition between former premier Dalton McGuinty and Wynne.

Police have said Wynne herself is not a suspect.

TORSTAR NEWS SERVICE



Backstreet Boys meet B.C. beauty in London

There may be some dancing in the house when Abbotsford, B.C.-native Victoria Duffield makes her way to London this spring. Duffield, best known in some circles for her first single Shut Up and Dance, has been announced as a special guest on the Backstreet Boys' May 7 concert bill at Budweiser Gardens. GETTY IMAGES

Labatt. Time to speak up on holiday brewery tours

If you have an opinion about buying beer on a holiday, now's the time to express it.

The city has moved fast on a request by Labatt to be allowed to run brewery tours — and sell beer — on public holidays. It's down to council to decide whether to make an exemption under the Retail Business Holidays Act.

The goal is to have everything worked out by Victoria Day, which lands during the Memorial Cup events from May 16 to 25.

The public is being asked to comment at a city hall meeting on Tuesday. The corporate services committee, which meets at 1 p.m., will open the floor for discussion.

Although the exemption could cover other public holidays, a letter from Labatt makes it clear it's all about the Memorial Cup.

In a letter to the city committee, Chris Morley, senior director of corporate affairs, wrote that the hockey event

Open up

If the exemption is granted, the Labatt brewery could run tours and sell beer on Victoria Day, Canada Day, Labour Day and Thanksgiving.

will be "a large draw for tourists" and that Labatt is a sponsor. He also points out that wineries have proven to be successful tourist attractions on holidays.

"Labatt believes that the historical nature of our brewery in London could be just as attractive for tourists on select holidays," Morley says in the letter.

"By granting a tourist exemption for four holidays ... city council would help strengthen the local economy by helping Labatt provide new experiences and opportunities for tourists."

MIKE DONACHIE/METRO

Rope for Hope. Rappelling fundraiser coming to city

Make-A-Wish Southwestern Ontario has launched a challenge to Londoners.

The foundation is signing people up for Rope for Hope — a June 20 fundraiser that will see brave souls rappel 23 storeys down the south tower of London City Centre.

Each participant is being asked to raise a minimum of \$1,500 for the non-profit, which fulfils special wishes

for children battling life-threatening medical conditions.

Rope for Hope has had a presence in Halifax and Toronto in the past. Along with London, an expansion this year includes events in Montreal, Ottawa, Edmonton, Calgary and Vancouver.

For more information, visit ropeforhope.ca or email erin.latam@makeawish.ca. METRO

Rwanda's pain remembered

Genocide. On Monday, Rwanda marks the 20th anniversary of 100 days of mayhem; one million innocent people were killed

She lost her baby daughter and her right hand to a manic killing spree. He wielded the machete that took both.

Yet today, despite coming from opposite sides of an unspeakable shared past, Alice Mukarurinda and Emmanuel Ndayisaba are friends. She is the treasurer and he the vice-president of a group that builds simple brick houses for genocide survivors. They live near each other and shop at the same market.

Their story of ethnic violence, extreme guilt and, to some degree, reconciliation is the story of Rwanda today, 20 years after its Hutu majority killed more than one million Tutsis and moderate Hutus. The Rwandan government is still accused by human rights

Ethnic tensions remain

“Hutus would wake up in the morning and go hunting for Tutsis to kill.”

Alice Mukarurinda, recalling how Rwanda's Hutu majority killed more than one million Tutsis and moderate Hutus.

groups of holding an iron grip on power, stifling dissent and killing political opponents. But even critics give President Paul Kagame credit for leading the country toward a peace that seemed all but impossible two decades ago.

"Whenever I look at my arm I remember what happened," said Alice, a mother of five with a deep scar on her left temple where Emmanuel sliced her with a machete. As she speaks, Emmanuel — the man who killed her baby — sits close enough that his left hand and her right stump sometimes touch.

On Monday, Rwanda marks the 20th anniversary of the beginning of 100 days

of bloody mayhem. But the genocide was really in the making for decades, fuelled by hate speech, discrimination, propaganda and the training of death squads.

Hutus had come to resent Tutsis for their greater wealth and what they saw as oppressive rule.

Rwanda is the most

densely populated country in mainland Africa, slightly smaller than the U.S. state of Maryland but with a population of more than 12 million. The countryside is lush green, filled with uncountable numbers of banana trees.

The Hutu-Tutsi divide may be the country's most notorious characteristic but also its

most confounding.

In the months after the genocide, guilt gnawed away at Emmanuel. He saw his victims during nightmares. In 1996, he turned himself in and confessed. His prison term lasted from 1997 until 2003 when Hutus who admitted their guilt were pardoned.

THE ASSOCIATED PRESS

That the world may learn

Silent march through Ottawa

Alain Ntwali's 100-day ordeal of survival began after he watched his parents die.



Alain Ntwali
THE CANADIAN

what would ultimately become a successful attempt to stay one step ahead of the marauding, machete-wielding Hutu militiamen ravaging the Rwandan capital of Kigali.

On Monday, the 30-year-old who came to Canada in 2005 will join a procession marching silently from Parliament Hill to Ottawa City Hall in memory of the 20th anniversary of the Rwanda genocide. **THE CANADIAN PRESS**

[illegible]

How immigrants stay in the country

People come to Canada on a temporary basis through a variety of avenues, including work visas, study visas and visitor visas. To be eligible to stay on a permanent basis, prospective immigrants must meet the requirements of one of four classes or qualify as a provincial nominee.

Canadian Experience Class

- The program is aimed at temporary foreign workers or students who graduated in Canada.
- The work experience must be in certain classes, such as management, professional jobs and technical/skilled trades, as determined by the government.
- Have one year of full-time or part-time work experience in Canada in the three years before applying.



Business Class

- The class is broken into three parts: Investors, entrepreneurs and self-employed.
- People applying as investors and entrepreneurs must meet net worth requirements and must make an investment of a certain amount in the Canadian economy.
- Self-employed applicants must prove they can make a living in areas including art, sports or farming.

Federal Skilled Worker Class

- An offer of employment.
- International student enrolled in a doctorate program who has completed at least two years of study.
- A skilled worker with at least one year of full-time or two years of part-time experience in a pre-selected set of occupations.



Family Class

- Canadian citizens or permanent residents can sponsor people based on their relationship.
- Only certain relationships fit into the category, including spouses, common-law partners, dependent children, parents and grandparents.

Provincial Nominees

- Nearly every province or territory can nominate someone.
- Eligible people have the skills, education and work experience deemed necessary to contribute to the economy of that province or territory.

Canada: Come one,



Proposed federal changes would extend immigrants' wait to participate in citizenship ceremonies like the one shown here. That has some concerned about Canada's future.



Well, maybe. Tough revisions to federal immigration rules could change the lives of would-be citizens



MIKE DONACHIE
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They come in the hundreds of thousands, and every community in Canada has them: Immigrants.

From across the globe, newcomers pour into Canada each year in search of a new life. In 2012 alone, more than 257,000 people were granted permanent resident status, and many of them aim to be citizens one day.

But this year, things could be changing.

If the federal government secures its planned changes to the Citizenship Act, it's going to become more difficult to become Canadian, and that's got some people worried.

"You're either in the boat or you're not in the boat," said David Cohen of Toronto law firm Campbell Cohen, which operates the website Canadavis.com.

He's troubled by some of the proposed changes, espe-

cially the need to declare an intention to reside in Canada by anyone applying for citizenship.

"It means two classes of citizens," he said, pointing out that people born in Canada don't need to live here to maintain citizenship.

Cohen said it's undeniable that the new legislation is needed. In recent years the success of an immigration case could have depended on which judge heard it, so there's a need to make the rules more clear, he said.

But there are concerns, he added, like the idea of revoking citizenship from people convicted of serious crimes like terrorism. Cohen said such issues should be heard by the courts to ensure fairness

and transparency.

At the Ontario Council of Agencies Serving Immigrants, executive director Debbie Douglas agreed.

"We do have an effective criminal justice system here in Canada," she said. "Our response to issues of criminality should be through our criminal justice system."

And many of the other changes have her, and other immigrant advocates, worried.

Higher application fees, for example, will cause "hardship," she said, especially for people with large families.

Canada should be making it easier, not tougher, to become citizens, she added.

"Immigrants not only allow the country to keep its economic integrity," she said, "im-

THE STORY OF US: IMMIGRATION IN CANADA,

Day 1
Change and effect

1

Day 2
What Canada wants
vs. what it gets

2

Day 3
Where we come from,
where we go

3

Day 4
Happy times,
hard times

4

come all?



Changes aplenty

Bill C-24 hasn't yet passed, but these are some of the federal plans that could be approved this year:

- The proposal: Permanent residents would face a longer wait before they can apply to be citizens — four years of residency, instead of three.
- There would no longer be a "time credit" for the years spent in Canada before gaining permanent residence. So time here on a student or work visa, for example, wouldn't count toward the time you must wait to become a citizen.
- An application for citizenship would include a declaration of "intent to reside" in Canada, meaning the person plans to stay and not return to their home country.
- Knowledge of English or French would apply to 14- to 64-year-olds, instead of 15- to 54-year-olds.
- The application process would be sped up. The government wants to cut the 320,000-case backlog by 80 per cent.

TORSTAR NEWS SERVICE FILE

migrants also bring a wealth of international experience.

"They enhance who we are as a nation."

But Dan Murray, who's a member of the executive of campaign group Immigration Watch Canada, said the rules should get even tougher.

He accused authorities of doing little to screen for fraud in citizenship and other immigration applications, saying either everyone should be checked or the number of newcomers should be cut to a level the government can check properly.

"Why are we bringing in so many people?" asked Murray, who lives in Vancouver.

There's no economic need for large-scale immigration while Canadians are out of

work, he said.

But one academic differs. Mohammad Qadeer, professor emeritus of urban and regional planning at Queen's University in Kingston, Ont., said the current population isn't reproducing fast enough.

Put simply, bringing in new citizens through immigration is preventing Canada from shrinking. More stringent rules only discourage people from coming.

"Immigration is not a favour to the immigrants," he said. "Immigration has become a necessity to maintain your population, to help the labour force and also to look after the elderly, bringing the young people who look after them."

WITH FILES FROM DAVE LANGFORD

Immigration has rebooted Canada's brand: Expert

When the Young Canada Singers sang "Ca-na-da, one little, two little, three Canadians" for the country's centennial in 1967, the country looked a lot different than it does today.

In 1967, visible minorities comprised only about two per cent of the country's population of just more than 20 million people. That's about 400,000 minorities from coast-to-coast.

Data from Statistics Canada showed the country was home to nearly 6.8 million foreign-born individuals in 2011.

Quoted

"There appeared a notion that there was something uniquely Canadian or North American that didn't relate to the British Empire."

University of Ottawa history Prof. Pierre Anctil on how Canada presented itself to the rest of the world after the 1970s.

Such a radical shift meant the rebooting of Canada's brand — how this country appears to the rest of the world.

University of Ottawa Canadian history Prof. Pierre Anctil said Canada used to be known as part of the British

Empire.

"It used to present itself that way, even after World War II, but it began to change after the '60s and the 1970s," he said. "There appeared a notion that there was something uniquely Canadian or North American

that didn't relate to the British Empire.

"We welcomed from the '80s on great numbers of immigrants from the (developing world), mostly from Asia, India and China, and that changed the composition of the country, especially in large cities. It introduced visible minorities, people who have a very different background.

"It changed the assumption that Canada gave to the outside world. It's a much more multicultural society than 50 years ago."

SCOTT TAYLOR/METRO

A brief history lesson in Canadian immigration

| | | | |
|---|---|---|---|
| 1902 The greatest influx of immigrants in Canada's history begins and continues until the beginning of the First World War in 1914. | 1913 Nearly 800,000 people immigrate to Canada, most of them with British roots. | 1914-18 Immigration slumps during the First World War. | 1928 The opening of Pier 21, the Atlantic gateway to Canada |
| 1950s Canada receives about 1.5 million immigrants from Europe. | 1962 New immigration regulations are tabled aiming to eliminate discrimination based on race, religion and national origin. | 1979-80 60,000 Vietnamese, Cambodian and Laotian immigrants arrive in Canada. | 2002 The Immigration and Refugee Protection Act comes into force. |

Faces to know

Over the next four days, you'll meet immigrants who tell The Story of Us. These are just a couple.



Paula Garcia

Age: 23

Home country: Colombia

Her plan: To shape Canada's future as a teacher



Surya Acharya

Age: 23

Home country: Nepal

His dream: To bring his family to Canada, where he's a new permanent resident

See that symbol? It means you can scan this image with your Metro News app to see a video clip featuring more immigrants who've made Canada home.

TOLD IN FIVE PARTS

Day 5

The future and beyond

5

Online

Live the stories of three immigrants in our five-part video series at metronews.ca



Child porn. Multiple victims in exploitation case: Nova Scotia RCMP

A 15-year-old boy is facing charges of luring a child and distributing and possessing child pornography after RCMP seized computer equipment and cellphones from a home near Truro, N.S.

Colchester District RCMP say they received a call from the public Friday and officers seized electronics believed to have evidence from a home in central Onslow. The 15-year-old was arrested at the scene.

"We don't believe this is an accidental thing where a mistake was made," said Cpl. Adie MacCallum.

"We believe this was a deliberate act."

He wouldn't release any details on the victims, including the gender, but said there are "more than one" between 12 and 18 years old who are from Nova Scotia.

Current status

The accused teen has been released to the custody of his parents on conditions, and is due in youth court April 14.

MacCallum said police are in the early stages of their investigation, and more charges such as the production of child porn could be laid.

This type of incident where a teen faces child porn offences is "not a common thing," MacCallum said, but he has noticed an increase over the last few years due to social media making these cases more prevalent.

"You're dealing with a very vulnerable segment of the population," MacCallum said.

HALEY RYAN/METRO IN HALIFAX

Flight 370. Crews tracking possible black-box 'pings'

Searchers hunting for the missing Malaysia Airlines jet raced toward a patch of the southern Indian Ocean on Sunday to determine whether a few brief sounds picked up by underwater equipment came from the plane's black boxes, whose battery-powered pingers are on the verge of dying out.

Ships scouring a remote stretch of water for the plane that vanished nearly a month ago detected three separate sounds over three days. A Chinese ship picked up an electronic pulsing signal on Friday and again on Saturday, and an Australian ship carrying sophisticated deep-sea acoustic

equipment detected a signal in a different area on Sunday, the head of the multinational search said.

The two black boxes contain flight data and cockpit voice recordings that could solve one of the most baffling mysteries in modern aviation: who or what caused Flight 370 to veer radically off course and vanish March 8 while travelling from Kuala Lumpur, Malaysia, to Beijing with 239 people on board.

But some experts expressed doubt that the equipment aboard the Chinese ship was capable of picking up signals from the black boxes.

THE ASSOCIATED PRESS

Quebec election

Marois optimistic despite polls

Pauline Marois made a last-ditch appeal to supporters on Sunday to get out and vote for her Parti Québécois on election day, ruling out any kind of deals with the Coalition party to shore up her party if it wins another minority government.

Marois and Quebec's other political leaders were in their final sprint to round up support in what appears to be a tight race to victory in Monday's election.

THE CANADIAN PRESS

Yoke of imperialism?

Ottawa will fight to keep oath

Ontario's top court is set to grapple with whether forcing would-be Canadians to take an oath to the Queen, her heirs and successors is constitutional.

Three longtime permanent residents argue the citizenship requirement is discriminatory and violates their rights to free speech.

Documents filed with the Ontario Court of Appeal, which will hear the case Tuesday, show Ottawa intends to fight any adverse decision. THE CANADIAN PRESS



Renn and her mother, Fran Forsberg, pose for a photograph at their acreage just outside Saskatoon on April 1. Renn's family says that, in her heart and in her brain, their six-year-old is a girl. They want her birth certificate to reflect that. LIAM RICHARDS/THE CANADIAN PRESS

Fight to change birth certificates

Human rights complaints. Transgender children want the ability to change sex on identification documents

Quoted

"Officials should be able to look at me, see my name, my date of birth and see I'm a nice little girl and that's that."

12-year-old Harriet Cunningham of Comox, B.C., who filed a complaint that led to a bill that would allow people, even children, to change the sex on their birth certificates without surgery

Renn Forsberg's family says that, in her heart and in her brain, their six-year-old is a girl. They want her birth certificate to reflect that.

Better yet, they argue, the sex box now marked with an "M" should be removed from the document altogether.

The Saskatchewan family has filed one of several human rights complaints across the country that are prompting some provinces to rethink their rules about changing sex on birth certificates.

Renn's mother, Fran Forsberg, says governments need to keep up with changing times. Birth certificates once listed a baby's race and a father's occupation, she says, and a sex designation is just as archaic.

Forsberg says Renn needed her birth certificate last year to register for kindergarten in Saskatoon and was embarrassed to

be listed as a boy. That sparked her family to fight for a new birth certificate, a basic piece of paper needed to apply for most identification documents.

Forsberg says it's also about fighting for others.

"I've been contacted by so many other parents that are recognizing gender-variant children," she says. "So it's not just about Renn."

In the 1970s, most provinces changed their laws so people could change their birth certificates after sex reassignment surgery. The revision left out transgender children, because people must be at least 18 to be eligible for the surgery.

At the time, the legal change was "unbelievably progressive," says Karen Busby, a law professor and expert in sexual and reproductive rights at the University of Manitoba. Some 40 years later, she suspects all provinces

are preparing for another overhaul.

In 2012, Ontario's human rights tribunal declared it discriminatory to require an actual sex-change operation for a transgender woman who wanted to switch to female from male on her birth certificate. The province quickly revised its legislation to allow a change with a note from a doctor or psychologist testifying to a person's gender identity.

The province set an age limit of 18 and over and said it needed more time to consider the issue.

Other human rights complaints have since been filed in at least three other provinces: British Columbia, Alberta and Manitoba. Busby suspects there are probably more.

"I wouldn't be surprised to find out that there's a complaint in just about every prov-

Not just M or F ...

Earlier this year, Facebook added 58 custom options to its gender category, including:

- Androgynous
- Bigender
- FTM (female to male transgender)
- Gender Fluid
- Gender Questioning
- Intersex
- MTF (male to female transgender)

ince to push this forward."

In Manitoba, a spokeswoman with the human rights commission says a complaint filed at least two years ago has prompted discussion about possible changes to legislation. A government spokesman said changes are being considered but no announcement has been scheduled.

THE CANADIAN PRESS

Another sale in aisle four. Low, low grocery store prices a good deal, for now

The grocery price wars that have pushed a kilogram of bananas below the price of a chocolate bar may be good news for consumers' wallets, but those who watch the industry see a race to the bottom that may leave shoppers with less selection and dwindling customer service.

The grocery wars got a boost this past year as U.S. giant Target entered the Canadian market, forcing Walmart to up its game in the grocery department, and spurring a new wave of consolidation involving heavyweights such as Loblaw and Sobeys.

Kyle Murray, director of the school of retailing at the University of Alberta, said that while all the competition is likely to lower prices in the short term, "it also forces the companies to do things they may not otherwise do."

"In order to get those lower prices you're going to see an increase in things that improve efficiency, but they may not improve the

Canadian behemoths

- Last year, Sobeys bought Safeway Canada in a \$5.8-billion deal and promptly angered suppliers by demanding retroactive price breaks.
- In March, Loblaw's \$12.4-billion purchase of Shoppers Drug Mart Corp. was approved, leaving the combined company with roughly 2,300 corporate, franchised and associate-owned stores across Canada, and nearly 1,800 pharmacies to introduce their grocery product lines.

quality of the product or even the shopping experience," he said.

That could mean the disappearance of an in-store bakery, or butcher, because it's cheaper to package those products centrally and then ship them to the stores.

THE CANADIAN PRESS

Canadian CEO group

Largest firms say they pay fair share

Canada's largest firms want it known that they are indeed paying their fair share of taxes, even if governments

have slashed corporate rates to new lows.

The Canadian Council of Chief Executives issued survey results suggesting when all taxes are included, the companies paid on average 33.4 per cent of profits in taxes in 2012. THE CANADIAN PRESS

Are pot stocks a token, er, joke?



HOW
TO ROLL
Alison Griffiths
metronews.ca

I couldn't resist this headline. "You'd have to be a dope to buy marijuana stocks." That's American journalist and entrepreneur Cody Willard's take on the cannabis stock express.

Willard, like many market pundits, urges caution as companies pile in to capitalize on the legalization of recreational pot in Colorado and Washington.

Virtually everyone considers the cannabis industry too young to qualify as a sound investment or even a reasonable speculation. Then there are all the ne'er-do-wells who chase trends like cannabis to make big bucks from the gullible.

This doesn't mean the marijuana industry won't become a solid investment prospect one day. But currently there are a number of problems with inviting pot into your portfolio.

Trading

Marijuana stocks such as Advanced Cannabis Solutions

Still growing

Virtually everyone considers the cannabis industry too young to qualify as a sound investment or even a reasonable speculation.



Can you make a lot of green from stocks from the green stuff? Maybe, but it's still early days. ED ANDRIESKI/THE ASSOCIATED PRESS FILE

(CANN), Hemp Inc. (HEMP) and GrowLife (PHOT) mostly trade on informal over-the-counter (OTC) exchanges or bulletin boards. This means trading volume can be highly erratic, and while it's usually possible to buy these stocks through most discount and full-service brokers, selling them is a different matter.

When cannabis stocks make it onto formal exchanges such as NASDAQ, the industry will be mature enough to provide the liquidity necessary to make getting out as easy as getting in.

The Security and Exchange Commission, which regulates the U.S. financial industry, has just suspended trading in Advanced Can-

nabis's stock, citing suspicions of insider trading. Last month, the company announced an agreement with unnamed Canadian investors for a startup company to serve the medical-marijuana market here.

Diligence

Over-the-counter exchanges do not require the transparency and accounting diligence of the major, formal exchanges, such as the Toronto Stock Exchange or NASDAQ.

Wait a minute, you say, what about Enron, WorldCom, Bear Stearns and our own darling, Bre-X? Weren't those scandalous companies listed on major stock exchanges? Exactly! So

what chance do regular folk have in evaluating OTC pot stocks?

The law

Chances are, the marijuana laws throughout most of the developed world will one day seem as quaint as Prohibition does in 2014. But right now growth in cannabis sales rests with the recreational user. Despite the reforms in Colorado and Washington, marijuana for fun is illegal at the federal level in the U.S. and virtually everywhere else. That severely limits the cannabis market in the short term.

The bottom line? Your dollars can go up in smoke as quickly as a reefer. Be cautious.

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NOT AS COMPASSIONATE AS WE THINK

There's no shortage of stereotypes about us Canadians. Some hold true, some not so much.

Like the idea that we're a parka-wearing bunch who battle frigid weather year-round. Or the notion that all of our policemen are Mounties. We're also told that we're a polite country. I'm not sure if this is true or not, but it got me thinking: Are we a compassionate country?

I suppose it depends on how you measure it. But if we take our marching orders from the top (our political leadership), we can't in all good conscience say we are. In fact, I would argue that the Stephen Harper-led federal Conservatives have chipped away at our collective compassion as a country over the last eight-plus years, and I think it has had some real consequences.

Perhaps it's fitting that Harper himself has been described as cold, icy and unfeeling because that's specifically how the Conservatives have governed. And I truly believe it has fundamentally shifted a country that, while growing up, I believed was a



URBAN COMPASS

Todd Devlin

london@metronews.ca

compassionate one.

Under Harper, social programs have been scaled back. Federal health-care spending has seen a relative decline, and Canadians will soon have to work an extra two years before receiving old age security. Meanwhile, it has never been more difficult to qualify for EI benefits.

If a society is to be judged by how it treats its most vulnerable citizens, our governments are failing. Minimum wage continues to provide well below a "living wage," the amount required to make ends meet. In Canada, no one who works full-time hours should need additional income just to get by.

And how about our military veterans? The federal government has made it quite clear that their rhetoric about supporting the troops does not match their willingness to provide those troops with the support they need when they return from service.

Said Sen. Romeo Dallaire, a former lieutenant-general, matter-of-factly last week when he heard some MPs privately com-

plaining about the "price tag" of veterans affairs: "It's pissing me off."

How about the anti-cyberbullying ad the Conservatives rolled out this year? I had to watch it twice to make sure it wasn't satire. In the ad, a teenage boy texts an inappropriate photo of a female classmate and it gets passed around to other teens.

At the end, the guilty parties sit in the principal's office (with a couple of police officers) and a voiceover says: "Let your kids know: In some cases what they do with their phones could be more than just wrong — it could be illegal."

In other words, no mention of the victim or why cyberbullying is wrong. Just that punishment is to be feared. It's a punitive message, rather than a caring one. And it comes from a punitive government, rather than a caring one.

My worry is about the trickle-down effect from a compassionless government.

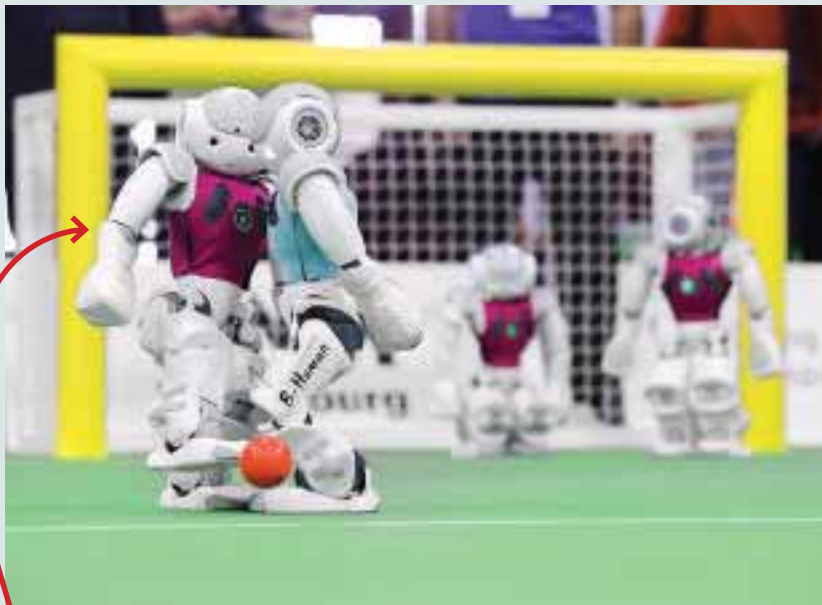
Can the populace maintain a level of compassion when its leaders display none? It's a concerning question, indeed.



Follow Todd Devlin on
Twitter @UrbanCompassLdn

ZOOM

Look out, Cristiano Ronaldo



JENS SCHLIETER/GETTY IMAGES

RoboCup kicked off in Germany

Two teams of robots play against each other in the 2014 RoboCup German Open tournament over the weekend in Magdeburg, Germany.

The robots, which are models called Nao, manufactured by Aldebaran Robotics, perform autonomously and communicate with one another via Wi-Fi. There were



Participants check robots at the 2014 RoboCup. GETTY IMAGES

950 participants from 12 countries participating in the three-day tournament and they compete in a variety of disciplines, including soccer, rescue and dance. GETTY

What about World Cup?

- Dystopian future. The aim of the RoboCup is to create a team that will be able to defeat the best human players by 2050.
- Not all fun and games. The technology used will be transferred to more useful applications after the tournament, such as search and rescue.

METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on pages 6-7 in News, page 11 in Scene, and page 18 in Sports.

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MetroTube

One Vine account worth watching



ANDREW FIFIELD
metronews.ca

Armed with little more than paper, pen and a killer Morgan Freeman impression, there are few Vine accounts more reliably funny than the bizarre and fearsomely clever MCandFriends. We've compiled a short highlight reel of our favourite MC animations. Or follow @MCandFriends.



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MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

This iPad art book elegantly packages the recordings and transcripts of the CBC series into an eBook collection where fans can take notes, join online discussions, and access free interviews. Among the first six speakers presented are the captivating Lawrence Hill, Margaret Atwood, and Neil Turok. Also among them is Margaret Somerville, a stumble in the otherwise brilliant series.

Television

The Simpsons just keep on going

There will be no more Simpsons movies, insists executive producer Al Jean. But he says the show, which has been on the air for 25 years, isn't getting cancelled any time soon and could conceivably go on for decades. "In show business you always treat every day as your last, but we're guaranteed through 26 (seasons)," he said.

THE ASSOCIATED PRESS

Director reflects on his horror hang-ups

Mirror, mirror.

The man behind Oculus can't figure out the origins of his fascination with the freaky

CHRIS ALEXANDER

scene@metronews.ca

The concept of a haunted mirror is nothing new in dark fantasy entertainment. Snow White's evil Queen took some not-so-sage advice from one, and horror films like *The Boogeyman* and *Mirrors* have also exploited the concept to varying effect. But the genre has never seen a looking glass as malevolent as the one that hangs on the wall in Mike Flanagan's much buzzed about creeper, *Oculus*.

Oculus is the followup to director Flanagan's unnerving low budget horror hit *Absentia*. And like that meticulously designed, grim fable, *Oculus* uses the supernatural to tell a story of domestic breakdown. In it, a brother and sister come together to destroy a monstrous antique mirror that they believe unleashed hell into their childhood.

The film is terrifying, mysterious and emotionally affecting — especially when dealing with the miseries of home — leading many viewers to question if the direc-



Oculus opens on Friday. CONTRIBUTED

tor's films are some kind of personal mirror themselves.

"Not at all," Flanagan chuckles.

"My childhood was very great. Probably the safest and most normal of middle-class military families. So I don't really know where all this comes from, because I kind of think of myself as a pretty happy-go-lucky guy and then people come out of the movies and say, 'What's wrong with you?'"

"Maybe watching and making movies are a playground to exorcise any demons that might be there.

Movies keep me happy, I guess."

There's nothing happy about *Oculus*, however. The film is most assuredly a tragedy, albeit one goosed by the gimmick of evil vanity portraits and relentless dread. It's a master class in slow-burn atmosphere and craft, and yet nothing in Flanagan's extensive background even hints that such a deft filmmaker would ultimately emerge, so ripe is his resumé with quickie TV potboilers and tired reality shows.

"When I finished the short that *Oculus* was based on in

2005," says the filmmaker, "it was the first thing I was really proud of, the first thing that felt that there was a voice to it."

"Before that, I was jumping from one reality show to another and at the end of the day I felt I was contributing to making the world stupider."

"But that kind of work taught me a ton about editorial storytelling and informed me as a writer and editor and I'm ultimately really glad I had that background. Otherwise, I don't think I'd be where I am now."

Elaine Lui's mother really does know best

As the voice behind the hit Canadian blog *Laineygossip.com*, famed star watcher and TV personality Elaine Lui is revered for salty scrutiny and juicy scoops on all things celebrity. But with her new memoir — *Listen to the Squawking Chicken: When a Mother Knows Best, What's a Daughter to Do?* — the witty writer turns the analysis on herself and her relationship with her strong-willed mom, who parlayed a challenging childhood into a determined attitude that she imparted on her prolific daughter.

The indefatigable co-host of

CTV's daytime talk show *The Social* and reporter for entertainment program *eTalk* says she wrote the book for her mother, Judy Yeung. Yeung was recovering from a rare syndrome known as POEMS and Lui hoped it would give her something to look forward to. It wasn't until Lui read each chapter aloud for the audio book version that she realized the writing process — which up to that point had been more intensely technical than emotional — also had a big impact on herself.

"It was surreal because when I was reading it out loud

for the audio book, I was almost reading somebody else's book," Lui, 40, said. "It's a really weird, bizarre experience, and so that's when I started to appreciate my relationship with my mother from a weird angle."

One section in particular really hit her — the moment when she tells her ailing mother: "Your life has sucked over and over again. Where is the high that can balance out those lows?" to which her mother replies, "What the hell do you think you are? Every Tiger has a roar. You are my roar."

THE CANADIAN PRESS



Elaine Lui says reading the book she'd written about her relationship with her mother made her appreciate it from a different angle. THE CANADIAN PRESS



Thomas Middleditch as Richard and Josh Brener as Big Head on the new sitcom *Silicon Valley*. HBO CANADA

Dot-com world fuels sitcom

Silicon Valley. New Mike Judge series chronicles characters' Zuckerberg aspirations

Mike Judge describes himself on Twitter as "The Beavis & Butt-Head, King of the Hill, Office Space, Idiocracy guy."

He may soon have to cram Silicon Valley to his Twitter resumé. The new comedy, which takes dead aim at the big money world of dot-com start-ups, is airing Sunday nights on HBO Canada following *Game of Thrones*.

The 51-year-old executive producer has a knack for taking the madness of the modern world and feeding it through a comedy shredder. He has a Texan's way of telling it like it is, as with this recent tweet:

"What we really need to save the environment are more ill-informed self-aggrandizing celebrities. The more washed up the better."

Judge doesn't need to tweet (and, in fact, rarely

does). Instead of venting on social media like the rest of us, he can mock society's foibles to millions through his movies and TV shows.

His latest project allows him to goof on Twitter, Google, Facebook, Apple and all the other high-tech giants from an insider's perspective. Silicon Valley is about a group of twenty-something computer programmers living together in a so-called "hacker hostel" in the Silicon Valley region of Palo Alto, Calif.

Thomas Middleditch (*The Office*) plays Richard, a 26-year-old programmer who has come up with a nifty new high-speed compression algorithm that is the envy of the industry.

Together with his best pal Big Head (Josh Brener) and fellow brainy misfits Gilfoyle and Dinesh (Martin Starr, Kumail Nanjiani) — as well as Erlich (T.J. Miller), the deluded dot-com millionaire who lets them all crash at his house — each member of the gang plots to become the next Mark Zuckerberg.

Besides Judge, the series

Quoted

"We've both known some tech billionaires."

Mike Judge, co-creator of *Silicon Valley*

was created by John Altschuler, Dave Krinsky (*King of the Hill*) and Alec Berg (*Curb Your Enthusiasm*). Toronto-born Michael Rotenberg (*It's Always Sunny in Philadelphia*) and Tom Lassally (*The Goode Family*) are also executive producers.

Judge didn't have to Google these sitcom characters. As he told TV critics gathered earlier this year in Pasadena, Calif., he was one of them. When he was 23, the physics major worked as a test engineer in Palo Alto.

"This is boring stuff for most of you," said Judge in his familiar drawl (halfway between two animated characters he created and voiced — Hank Hill from *King of the Hill* and Butt-Head). He explained how he put in a little over a year testing automatic

systems for F-18 fighters as well as interfaces for early high-def screens.

"I was programming a little bit back then," he downplays. "I didn't follow it that much. Now that I'm doing the show I've gotten back into it."

His dealings brought him into contact with some of the big tech players he lampoons on the series.

"We've both known some tech billionaires," he says, speaking also for Berg, whose father was a physics professor and whose brother worked for Microsoft co-founder Paul Allen.

In the pilot, two billionaire venture capitalists (played by Christopher Evan Welch and Matt Ross) compete to seize Richard's zippy new algorithm.

Berg insists they're not based on anyone in particular, although he admits that, after researching this dot-com business world, "the craziest stuff that you can think of is not half as crazy as the real stuff you're finding."

THE CANADIAN PRESS

Parenthood. Teen star talks about playing a character with Asperger's

Max Burkholder strives to be a normal teen while working on the television drama *Parenthood*.

The 16-year-old actor attends school when he's not filming the show, which airs Thursdays at 9 p.m. EDT on Global, about the ups and downs of a large family living in Berkeley, Calif.

Burkholder's character, also named Max, isn't your typical teen. He has Asperger syndrome, a mild form of autism.

Burkholder says he was 10 or 11 years old when he got the part, and he didn't know about Asperger's.

"In the beginning ... I would meet with a doctor who specializes in working with children with Asperger's as well as the director of the next episode and we'd talk about what Max should be doing, how he'd react in certain situations, things like that," Burkholder said in a recent interview.

Parenthood is now in its fifth season. Burkholder says he feels more comfortable with the character and receives guidance less frequently.

"I sort of feel that I've figured out how Max specifically acts rather than how a person with Asperger's would generally act."



Max Burkholder stars on *Parenthood*. COLLEEN HAYES/NBC

Burkholder's character is extremely intelligent. He rarely looks others in the eye or displays emotion, unless it is frustration. He is blunt and matter-of-fact in his speaking, but his observations can be funny — even cringe-worthy — because they are so honest and unrestrained.

Matt Asner, executive director of Autism Speaks in Southern California, says Burkholder's work on the show is a great message for everyone.

Many people don't know what autism is, Asner says, "and so they're getting this message from him on a weekly basis and what his family has

to deal with (because of) the disorder. It's amazing. Knowledge is power."

As Max Braverman grows, much of his story involves trying to be a normal kid, but with social awkwardness getting in the way.

In a recent episode, he decided a character should be his girlfriend because they both like the same hockey team. "It wasn't even romantic with Max," recalled Burkholder. "It was just something like, 'Oh, requirements have been met.' It wasn't even Max wanting (a girlfriend). He thought it was something that was necessary."

THE ASSOCIATED PRESS

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IMMIGRANT
Awards

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2011 Winner

Big Boy
2012 Winner

Aleksandra Novakovic
2013 Winner

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James Franco ALL PHOTOS GETTY IMAGES

Franco has some 'splainin' to do after underage fan leaks his flirty DMs

James Franco is feeling more than a little red in the face after a 17-year-old Scottish girl leaked direct messages and texts from the 35-year-old actor as he tried to woo her during a recent visit to New York. "I'm embarrassed, and I guess I'm just a model of how social media is tricky," Franco said during a visit to Live! With Kelly and Michael when the incident came up. "It's a way people meet each other today. But what I learned because

I'm new to it is you don't know who's on the other end. I used bad judgment. I learned my lesson." The messages show Franco attempting to set up a meeting with the young woman, offering to rent himself a room in her hotel. "Not only do I have to go through the embarrassing rituals of meeting someone, sometimes if I do that then it gets published for the world, so no, it's doubly embarrassing," he said.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Juan too many? Drinks tossed at ex-Bachelor



STARGAZING
Malene Arpe
scene@metronews.ca

This week in incoherent rage: 1) Fans of *How I Met Your Mother* lost their minds over the series finale. 2) Ex-Bachelor Juan Pablo Galavis had two drinks thrown at him at an Atlantic City club event. 3) Johnny Weir had a crying fit when told he has to sell his Fabergé egg so that the proceeds can be divided with his ex-husband.

This week in abject disappointment: 1) A



woman spent some \$25,000 on six surgeries to make herself look like Jennifer Lawrence and ended up looking nothing like Jennifer Lawrence. 2) Kris Jenner will not pose naked for *Playboy*. 3) Elle Macpherson says her secret to looking great at 50 is "Love, laughter and my super greens." It's always kale, isn't it?



Ariana Grande

Grande denies Sam & Cat fight over salaries with co-star McCurdy

Are Ariana Grande and Jennette McCurdy feuding? The writing is sort of on the wall: Despite being the most popular series on Nickelodeon, their show *Sam & Cat* has yet to receive a second season pickup, so something must be going on behind the scenes. The two young actresses, who both started out as second bananas on other Nick sitcoms, are at very different places in

their careers now: Grande is a rising pop star who's being positioned as the new pre-twerk Miley Cyrus, while McCurdy is, well, on *Sam & Cat*. Rumour has it that McCurdy is angry that Grande has a much higher salary than she does. Grande, however, has taken Twitter to deny that she and McCurdy are feuding over money — in fact, she says they make the same amount.

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GAIL VAZ-OXLADE
Gail blogs daily at
gailvazoxlade.com

Are you still paying outrageous fees or settling for next to no interest on your bank accounts? Wuzzup with that? Loads of Canadians keep their money in A Big Bank, earning a pittance in interest and paying liberally for service. And some make matters worse by not managing their money properly so they're constantly in overdraft, bouncing cheques, or using banking machines like wallets and paying big-time for the "convenience."

When I ask people why they're willing to settle for 0.25 per cent in interest on their savings instead of getting the 1.3 per cent or 1.8 per cent available elsewhere, they tell me changing banks is such a hassle. "C'mon, Gail," they say, a whine in their voice, "all that work for such a lousy interest rate." So if you saw a \$20 bill sitting in the middle of the sidewalk you'd step over it?

Seriously, would you step over it?

One of the main reasons people won't switch accounts is laziness. It takes work to make the switch. If you have pre-authorized debits, it can feel like torture trying to get them all switched over. But if all that's standing between you and an account that pays decent interest without exorbitant fees is laziness, you don't have the right to complain about your bank ev-ah!

Tired of less-than-stellar service? Want to deal with a branch that has your best interest at heart? Ready to reduce your costs and increase

In interest of saving money

0.25%

Why settle for 0.25 per cent in interest on your savings instead of getting the 1.3 per cent or 1.8 per cent available elsewhere.



Make a list of the things you actually need on your bank account, like writing cheques, before you shop around. ISTOCK

Branch out

Tired of less-than-stellar service? Want to deal with a branch that has your best interest at heart? Ready to reduce your costs and increase the interest you're earning?

the interest you're earning?

Start by making a list of the things you actually need on your account. Do you write cheques? How often do you go to the banking machine? (If you're going more than once a week, you're using the ATM as a wallet, so stop.) How many swipes of your debit card do you do in a month? Do you travel a lot and require easy, cheap access to your money when you're on the road?

Once you know the services you need, it's time to go shopping to compare prices and features. You can hit the

Found your new bank? Follow these five steps to make the switch as painless as possible

1 Open the new account and get all the information you'll need like the account number, your branch number, and the like. If you're using cheques, order some.

You have to account for every penny so you don't have any nasty surprises during the transition. Those six post-dated cheques to the music teacher will bounce sky-high if you close the account without telling her and replacing her cheques.

2 List your auto-transactions. What's being automatically deposited or withdrawn from your old account? Look over your past few statements and make your list.

4 First switch over all deposits and then switch over the withdrawals. That way there will be money in the new account when withdrawals start.

3 Reconcile your account.

5 Leave the old account open for about two months with some money in it to catch any missing deposits or withdrawals. Don't worry about the balance in the old account just sitting there wasting time. It's protecting you from the aggravation caused by a poor memory. Be patient and when there's been no activity for a month, consider yourself in the clear and close the old account.

pavement, let your fingers do the walking, or head on over to the Financial Consumer Agency of Canada's website and use the interactive tool to narrow down the alternatives.

Be honest about how you use your accounts. And know the difference between chequing accounts and savings accounts. Some banks have

what they call a "chequing/savings." If all you need is a savings account (which is free) don't get talked into buying an account with features you might need with service charges you will pay.

Don't stay stuck using a bank account that doesn't serve your needs because of a sense of loyalty or because you're too bone lazy to make

a change to a better option. You work hard for your money. You should expect your bank to treat it with respect. Don't settle. Demand a better deal and if you can't get it where you're currently banking, move your money.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

When cash is part of the curriculum

The Work Colleges.

Institutions across the United States are tackling student debt woes by making working during school a requirement

Many students spend years after college working off tens of thousands of dollars in school debt. But at seven "Work Colleges" around the United States, students are required to work on campus as part of their studies — doing everything from landscaping, growing and cooking food to public relations and feeding farm animals — to pay off at least some of their tuition before they graduate.

The arrangement not only makes college more affordable for students who otherwise might not be able to go, it also gives them real-life experience, teaches them responsibility and how to work together, officials



What would it mean to you — or what would it have meant — to graduate from post-secondary school without a penny owed? ISTOCK

said.

"I love it," said Melissa Eckstrom, of Philadelphia, who is an assistant garden manager at Sterling College in Craftsbury, Vt., where she's studying sustainable agriculture.

"It's really satisfying to work in the garden and do all this hands-on, you know,

dirty work — and I go to the kitchen and sit down for a meal and I'm like, I grew this. It can't get more full circle than that."

With rising college costs and a U.S. national student loan debt reaching more than \$1 trillion, "earning while learning" is becoming more appealing for some

students. The work college program is different than the U.S. federal work study program, which is an optional voluntary program that offers funds for part-time jobs for needy students.

But at the seven so-called Work Colleges — Sterling College, Alice Lloyd College in Pippa Passes, Ky., Berea

What does labour do for learners?

- The Work Colleges Consortium reports that 75 per cent of graduates agree their college work helped prepare them for their first job and 84 per cent said it helped them to get along with people with different attitudes and opinions. Seventy-five per cent of graduates agreed that their work experience helped them to understand the importance of service to others and 86 per cent said it helped them to appreciate the value and dignity of work, the consortium said.

College in Berea, Ky., Blackburn College in Carlinville, Ill., College of the Ozarks in Lookout, Mo., Ecclesia College in Springdale, Ark., and Warren Wilson College in Asheville, N.C., — work is required and relied upon for the daily operation of the institution, no matter what the students' background. The students are then evaluated on their performance.

"It's a core component of the educational program," said Robin Taffler, executive director of the Work Colleges Consortium.

"It does not differentiate between those that can afford to pay for their education, from those that must

work to cover their educational costs. And that's a big deal. No student can buy their way out of this work program. So this essentially levels the playing field because everybody is doing a job," she said.

Eckstrom works up to 100 hours a semester at \$11.10 an hour, so the pay helps with her school costs, she said. She also gets tuition credit for coming a week early for training before the start of the school year.

"It's all very helpful," said Eckstrom, 23, who said she probably couldn't have afforded to attend a school like Sterling otherwise.

THE ASSOCIATED PRESS

'Round the world wisdom

The mess will be minimized when you start with the man in the mirror

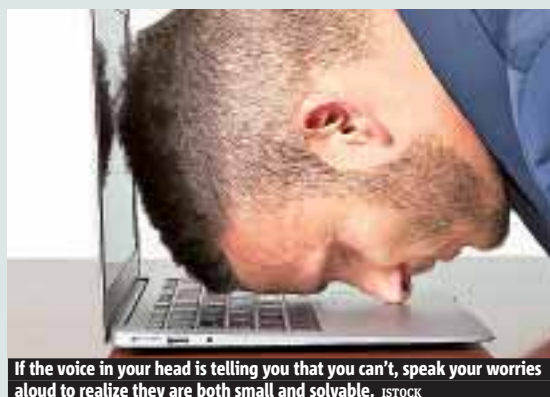


LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Have you ever heard yourself whine or complain? We are all relatively intolerant of people who indulge in this behaviour, but how frequently do we look in the mirror and apply the same intolerance to ourselves?

During my preparation for the Gobi, I set up a "war room" and used a whiteboard to deconstruct all the



If the voice in your head is telling you that you can't, speak your worries aloud to realize they are both small and solvable. ISTOCK

components of my training regime, including a section to focus on my mental preparation and toughen up mentally. What showed up instead were all the grievances that were appearing as I trained. During the prep, more than one hundred complaints surfaced. I wrote them down for my family and me to see.

Over time, the intended outcome materialized: The more I looked at the board, the more I got sick and tired of reading about a grown man complaining.

As I neared the end of this exercise, I could actually find humour in my whining, sometimes laughing out loud at myself.

And then, the complaining just ... ceased. If it reared

its ugly head, I laughed, dismissed it and moved on rather than giving it any importance — or worse, giving it a life force that could derail me.

Any big project will invariably entail breakdowns along the way, including self-doubt and complaints. The key to overcoming these obstacles lies in our ability to bounce back, hopefully bounce forward, and over time, to lessen the frequency with which our very own unproductive "voice" comes calling. And few things are more powerful than looking in the mirror to deaden the voice.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER



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Salmon with Pesto and Cream Cheese: Start the week on a light dinner note



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

If you want a new twist on serving your salmon, you've got it right here!

Serve up a tasty pesto cream cheese filling placed into a filet of salmon. It's attractive to look at and equally delicious.

I prefer to use homemade pesto, which has fewer calories and less fat than store-bought pesto. This pesto recipe makes more than what you will use for the salmon. You can keep it refrigerated or freeze it for later use. You can experiment with pesto and use a variety of herbs and leaves such as spinach, cilantro, baby kale or arugula.

To toast the pine nuts or almonds, just place a dry skillet over high heat, add the



TOTAL TIME
ABOUT 17
MINUTES

This recipe serves six. ROSE REISMAN

Ingredients

- 1/4 cup low-fat cream cheese (about 2 oz), softened
- 2 tbsp pesto (homemade or store-bought)
- 1 1/2 lb salmon fillet, cut into 6 fillets (about 4 oz each)
- 2 tbsp toasted pine nuts (or chopped toasted almonds)

Pesto

- 1 cup packed fresh basil leaves
- 2 tbsp grated Parmesan cheese
- 1 tbsp toasted pine nuts
- 2 tbsp light cream cheese, softened
- 1 tsp finely chopped garlic
- 3 tbsp chicken stock
- 2 tbsp olive oil

FLASH FOOD



From your fridge
to your table in
30 minutes or less

nuts and stir often for about three minutes or until they are lightly browned.

It's always best to slightly undercook your salmon to retain the moisture. I like to always use the method of measuring the salmon at the thickest part. For every one

inch of thickness, stick to the rule of baking for 10 minutes at 425 F.

Directions

1. Preheat the oven to 425 F. Line a rimmed baking sheet with foil and lightly coat with cooking spray.

2. Combine the cream cheese and 2 tbsp pesto in a small bowl until smooth. (If making pesto recipe above, puree all ingredients, remove the 2 tbsp for the filling and save the remainder

for a later use.)

3. Make a small vertical slit on the top of each salmon fillet to within 1/4 inch of each end and about 1/2-inch deep.

Nutritional information

Per serving (salmon with one tablespoon of pesto)

- Calories. 282
- Carbohydrates. 16. g

Stuff each fillet by dividing the pesto filling between the 6 fillets.

4. Place on prepared baking sheet and bake for 10 min-

utes per inch of thickness.

5. Garnish with 2 tbsp toasted nuts before serving. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

• Fibre. 0.4 g

• Protein. 28 g

• Total fat. 16.9 g

• Saturated fat. 3.7 g

• Cholesterol. 79 mg

• Sodium. 130 mg

Vegetables show their fancy side

Crudités served with homemade ranch dressing are an attractive and perfect way for anyone to enjoy veggies.

Use any size of glass you prefer. I serve these at parties,

as appetizers or give them to children as a fun and nutritious snack.

Ranch dressing is traditionally high in fat and calories due to the excess oil

and mayonnaise. My version is light and creamy. If you don't want to buy buttermilk, simply create your own using a mixture of half a cup 2% milk with two tablespoons of

lemon juice and letting it sit for five minutes.

The recipe will keep in the refrigerator for up to three days.

1. Whisk mayonnaise, buttermilk, mustard, lemon juice, salt and pepper, garlic and sugar until combined.

2. Divide dressing among 4 or 6 cups. Divide and place vegetables upright into dressing. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**



This recipe takes five minutes to prepare. ROSE REISMAN

Ingredients

- 1/3 cup reduced-fat mayonnaise
- 1/2 cup buttermilk
- 1 tsp Dijon mustard
- 4 tsp lemon juice

- Pinch of salt and pepper
- 1/2 tsp crushed garlic
- 1 1/2 tsp sugar
- 4 – 6 small plastic or glass cups

- Selection of cut vegetables such as carrots, string beans, grape tomatoes, zucchini, cauliflower, broccoli

OHL

Knights square up series with rare win in Sarnia

It was a game of firsts for the London Knights.

And they all came in handy as they defeated the Guelph Storm 7-2 to tie the Ontario Hockey League conference semifinal series at a win each.

Games 3 and 4 now move to London's Budweiser Gardens on Tuesday and Thursday night — both 7 p.m. starts — and Game 5 of the best-of-seven is now guaranteed back in Guelph on Friday night.

The Knights' win Sunday was their first in five games in Guelph this season. It was also the first road victory by either team in eight games.

The Knights also had two firsts in the opening period.

Mitchell Marner's breakaway goal two minutes into the game gave the Knights their first lead in the series. They went up 2-0 three minutes later on a power play, when captain Chris Tierney beat Storm goalie Justin Nichols.

After Tyler Bertuzzi scored for the Storm, the Knights' lead was reduced to one heading into the second period. It was the first time this season the Knights had a lead after the first period in Guelph.

In the second, the Knights started quickly with Ryan Rupert and Josh Anderson by the 5:07 mark, leading to the Storm to change goalies from Nichols to Matthew Mancina.

Knights goalie Jake Patterson was outstanding, particularly in the second period when he stopped all 18 shots, many of the difficult variety. He was also bowled over at least once. In all, he stopped 32 of 34 shots.

Ironically, Patterson's strong play came one game after another first — he lost his first OHL playoff game 6-4 Friday night in five career starts.

Tierney finished the game with two goals and three assists and now has five goals and 11 assists for 16 points in six games and is tied for the OHL playoff scoring lead with former teammate Dane Fox of the Erie Otters, who has played one more game.

Nikita Zadorov, Tierney and Brett Welychka of the Knights and Pius Suter of the Storm scored in the third. **DAVE LANGFORD/METRO**



Detroit Honeybaked teammates Ben Gleason, from left, Max Jones and Michael Latorella were all smiles after winning the International Silver Stick championship in Sarnia earlier this year. All three were selected by London Knights in the OHL draft Saturday. CONTRIBUTED

Knights draft three from Detroit team

OHL. GM Mark Hunter takes trio of Silver Stick champions in draft



DAVE LANGFORD
dave.langford@metronews.ca

London Knights general manager Mark Hunter didn't have far to go to watch his draft choices in action.

Hunter, from the Petrolia area, only had to make the short drive to Sarnia to see Detroit Honeybaked win the International Silver Stick championship earlier this year.

Obviously, the team impressed him, as he and the Knights selected three of their players — including their first two choices — in the Ontario Hockey League draft Saturday.

Max Jones, a six-foot-two, 190-pound forward, was taken in the first round, 18th overall, and Ben Gleason, a five-foot-11, 157-pound defenceman, went late in the second round.

Also, goalie Michael Latorella, who was an all-star at the tournament, was taken in the seventh round.

Jones likely would not have been taken that late in the first round had he not indicated

Knights draft picks

- **Round 1.** Max Jones, LW, Rochester, Mich., six-foot-two, 190 pounds.
- **Round 2.** Ben Gleason, D, Ortonville, Mich., five-foot-11, 157 pounds.
- **Round 3.** Emanuel Vella, G, Toronto, six-foot-three, 179 pounds.
- **Round 4.** Eric Henderson, LW, Kingsville, Ont., five-foot-11, 167 pounds.
- **Round 5.** Tyler Nother, D, Orangeville, Ont., 6-3, 172.
- **Round 6.** Drake Rymsha, C, Huntingwood Woods, Mich., 5-10, 170.
- **Round 7.** Jacob Buch, C, Stoney Creek, Ont., 5-10, 162.
- **Round 8.** Dakota Miskolezi, LW, Fort Erie, Ont., 6-0, 155.
- **Round 9.** Nicolas Mattinen, D, Orleans, Ont., 6-2, 230.
- **Round 10.** David Melaragni, D, Philadelphia, 6-0, 180.
- **Round 11.** Nicholas Stuckless, C, Orangeville, Ont., 5-11, 157.
- **Round 12.** Michael Latorella, G, Macomb, Mich., 6-1, 185.
- **Round 13.** Zac Vukosa, C, Mississauga, 6-0, 156.
- **Round 14.** Patrick McCabe, LW, St. Catharines, 6-1, 185.
- **Round 15.** James Sanchez, LW, Northbrook, Ill., 6-2, 185.
- **Round 16.** David McKinnon, D, Ancaster, Ont., 6-2, 181.
- **Round 17.** Graham Dynes, G, Aurora, Ont., 6-5, 177.
- **Round 18.** Nick Criminisi, D, Carlisle, Ont., 6-4, 190.
- **Round 19.** Cal Horvat, LW, Rodney, Ont., 5-10, 172.

London-area draftees

- **Round 1.** Niagara: Jack Wieringa, Woodstock, D, six-foot-one, 188 pounds.
- **Round 2.** Kitchener: Griffin Luce, St. Thomas, D, 6-2, 200.
- **Round 3.** Barrie: Justin Murray, London, D, 5-9, 173.
- **Round 4.** Plymouth: Dave Johnstone, St. Thomas, C, 5-9, 174.
- **Round 5.** Sudbury: Carson Moniz, London, D, 5-9, 171.
- **Round 6.** Niagara: Dawson Cook, St. Thomas, LW, 6-2, 195.
- **Round 7.** Peterborough: Connor Hill, London, RW, 6-0, 191.
- **Round 8.** North Bay: Carter McCormick, St. Thomas, D, 5-11, 166.
- **Round 9.** Erie: Noah Tooke, London, D, 5-10, 185.

he would be heading to the United States development program in Ann Arbor, Mich.

But if past history means anything, he may change his mind.

Overall, the Knights selected 19 players — 10 forwards, six defencemen and three goalies. Of the 19, six are U.S. players and only four were

born in the last six months of the year.

The only local player chosen by the Knights was Cal Horvat, the 16-year-old younger brother of forward Bo Horvat who also celebrated his 19th birthday Saturday. The Horvat brothers are from Rodney, Ont.

The top local selection

was six-foot-one, 188-pound defenceman Jack Wieringa of Woodstock, who was taken in the fourth round by the Niagara IceDogs.

No London player was taken until the eighth round when five-foot-nine, 173-pound defenceman Justin Murray was selected by the Barrie Colts.

Sabathia continues to crack Blue Jays

MLB. Yankees pitcher improves career mark vs. Toronto to 15-4 in rubber-match win

Yankees veteran CC Sabathia extended his mastery over Toronto on a day that saw young Jays right-hander Drew Hutchison pay for his lack of control.

Sabathia, in his 400th American League start, wobbled in the first and sixth innings, but retired 16 of 17 between the flashpoints to help New York to a 6-4 victory Sunday afternoon.

The six-foot-seven left-hander, who looks like he sleeps in his baggy uniform, improved his record at the Rogers Centre to 7-1 and his career mark against the Jays to 15-4. He gave up four runs on seven hits and struck out six in a six-inning, 93-pitch performance that featured 65 strikes.

"He threw great," said Yankees first baseman Kelly Johnson. "He mixed his pitches, he was in the zone, guys were off balance. That's a good sign."

"He got more and more confident and his stuff got even better as the game went on."

The Yankee win came in the rubber match of a three-game series. New York (3-3) returns to the Bronx for a nine-game homestand while Toronto (3-4) has a day off before hosting Houston.

"Today was just on me," said the 23-year-old Hutchison, who suffered his first Rogers Centre loss in six starts. "It was my loss."

Hutchison (1-1) lasted just



Brian Roberts of the New York Yankees gets the force out at second base but cannot turn the double play in the first inning on Sunday at Rogers Centre. TOM SZCZEBOWSKI/GETTY IMAGES

3 1/3 innings. He struck out six but walked three and hit a batsman with all four scoring.

In only his second big league start since returning from Tommy John surgery, he gave up six earned runs on six hits while throwing 78 pitches including 49 for strikes.

Toronto manager John Gibbons says Hutchison has been struggling of late, although he got away with it previously.

"He was high in the (strike) zone a lot. That's not who he is," said Gibbons. "He'll get back down there."

THE ASSOCIATED PRESS

Leaving his mark

Derek Jeter has taken over sole possession of eighth place on baseball's career hits list with a single in the fourth inning against the Blue Jays.

- The veteran shortstop grounded a one-out hit into right field Sunday, chasing Blue Jays starter Drew Hutchison.

- It was the 3,320th hit of Jeter's career, moving him

past Hall of Famer Paul Molitor. Next on the list is Carl Yastrzemski, with 3,419.

- One inning earlier, Jeter tied Molitor with a leadoff single, a line drive to right.
- Jeter sat out Friday's series opener then went 0 for 2 with two walks Saturday. His previous hit was an RBI single in the fifth inning of Thursday's win at Houston.

Premier League. Gerrard lifts Liverpool back to top of EPL as Arsenal falls

Steven Gerrard scored twice from the penalty spot as Liverpool stretched its Premier League winning streak to nine matches and returned to the top of the table with a 2-1 win at West Ham on Sunday, while Arsenal was dealt another blow by a top-five team in a 3-0 thrashing by Everton.

For once, the free-scoring Reds had to battle hard to claim a hard-fought victory ahead of their much-anticipated clash against Manchester City in a meeting between the two main title contenders.

"It is going to be a magnificent atmosphere at Anfield," Liverpool manager Brendan Rodgers said. "The supporters really urged us on today and we want to see if we can get 10 in a row."

With five games remaining, Liverpool leads Chelsea by two points as it pursues its first league title since 1990. Manchester City is four points off the pace but has two games in hand.

Earlier, Everton made Arsen-



Liverpool's Steven Gerrard
JULIAN FINNEY/GETTY IMAGES

al pay for their poor defending with strikes from Steven Naismith and Romelu Lukaku as well as an own goal from Mikel Arteta.

"You could say there was a lack of fight," Arsenal manager Arsene Wenger said. "It's a massive worry. We have to come back with much more personality and much stronger challenges." THE ASSOCIATED PRESS

NBA

Miami sets fire to N.Y. playoff hopes

LeBron James scored 38 points, Mario Chalmers added 15 and the Miami Heat survived a 3-point barrage from New York's J.R. Smith on the way to dealing the Knicks' playoff hopes a big blow with a 102-91 victory on Sunday.

Smith made a Knicks-record 10 3-pointers, on an NBA-record 22 attempts, and finished with 32 points.

THE ASSOCIATED PRESS

Curling

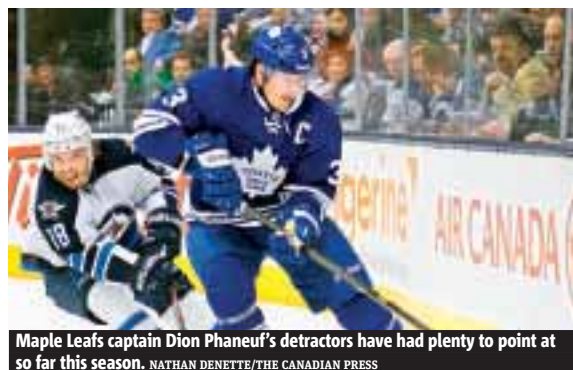
Canucks fall to Swiss at worlds

Canada's Kevin Koe had to settle for fourth place at the world men's curling championship after falling 7-5 to Switzerland in Sunday's bronze-medal match.

Koe's Calgary rink came into the 10th end down by three, but couldn't muster the comeback, scoring just a single point in the final end against the Swiss team.

THE CANADIAN PRESS

Perception far from reality for Leafs' top players



Maple Leafs captain Dion Phaneuf's detractors have had plenty to point at so far this season. NATHAN DENETTE/THE CANADIAN PRESS

Chatting about luck and getting bounces the other day, Morgan Rielly was asked about the hockey gods.

"I don't think he's a Leafs fan," said the rookie D-man.

There was laughter because, at the time, there was hope for the Maple Leafs. This was prior to the team's listless 4-2 loss to the Winnipeg Jets on Saturday.

Had the Leafs won, they would have spent Sunday not only on a plane in an upbeat mood, but also in a playoff spot — pending the outcome of Sunday's match between Colum-

bus and the Islanders. As it was, they fell to 10th.

The hockey gods must be Leafs fans. Because, if hockey is a religion, then what is a religion without suffering? And who, in hockey, suffers more than Leafs fans?

They most recently suffered through the Muskoka Five, a group of veterans led by their captain who believed the team was better than it was.

Now they suffer through the Confounding Four, a group of players supposedly reaching their prime, but certainly not

reaching their potential. Led by captain Dion Phaneuf, they too believe the team is better than its record indicates.

Phaneuf has had a legion of detractors since he arrived in Toronto. He shut some of them up in 2013, when the Leafs made the playoffs for the first time since 2004. For the past 20 games, he's seemed utterly lost.

Then take the scoring leader, Phil Kessel, who on Saturday emerged from the locker-room to talk about the situation. To his credit, he came out. To his detractors, he didn't say any-

thing. It's kind of like the way he backchecks: He's there, but he's just not very effective at it.

Then there's Nazem Kadri, who sometimes makes you wonder and sometimes just blunders. He scored his 20th, and fist-pumped like it was the greatest goal he ever scored.

And where have you gone, David Clarkson? He was supposed to be a veteran leader. Now Carlyle barely trusts him. Whatever smarts Clarkson picked up in New Jersey stayed in New Jersey.

TORSTAR NEWS SERVICE

Horoscopes

Aries

March 21 - April 20

You are about to embark on one of the best times of the year for ideas and communication. Are you ready? Anything of a creative nature will go well for you over the next few days.

Taurus

April 21 - May 21

Sometimes you can be a bit offhand in your attitude and the planets warn you need to be more respectful if you want to get ahead. In everything you do, try to work out how other people may take it.

Gemini

May 22 - June 21

Don't worry about your work and worry even less about your finances. Focus on having fun. Mercury, your ruler, moves in your favour today and that means you should be on the move as well.

Cancer

June 22 - July 23

Something you have been worrying about for ages will no longer bother you as from today. The situation itself may not have changed much but your attitude towards it has: you simply no longer care.

Leo

July 24 - Aug. 23

Get out and about. This is a great time to take the kind of break where you get away from routine matters and challenge yourself to have as much fun as is humanly possible — and that's a lot.

Virgo

Aug. 24 - Sept. 23

Need financial assistance? It's the time to ask. Loved ones will do what they can to help you out of a tricky situation but they will also want to be sure you learned your lesson.

Libra

Sept. 24 - Oct. 23

Where before there were misunderstandings, there will now be an awareness of how much certain people mean to you and why minor differences of opinion are of no importance at all.

Scorpio

Oct. 24 - Nov. 22

You need to recharge your physical, mental and emotional batteries, so don't make too many plans for the next few days. In fact, if you can find ways to pamper yourself or, go for it.

Sagittarius

Nov. 23 - Dec. 21

Don't worry if you're not feeling on top of the world because with mind planet Mercury joining the Sun in the most dynamic area of your chart it's just a matter of time before your mood improves.

Capricorn

Dec. 22 - Jan. 20

Remember the best way to get other people to agree with you is to appeal to them on an emotional level. Facts and figures are important but it's feelings that tip the balance.

Aquarius

Jan. 21 - Feb. 19

You'll find it easier to get your message across today and that's good because you have plenty to say. Your way with words will help persuade others that you know what you're talking about.

Pisces

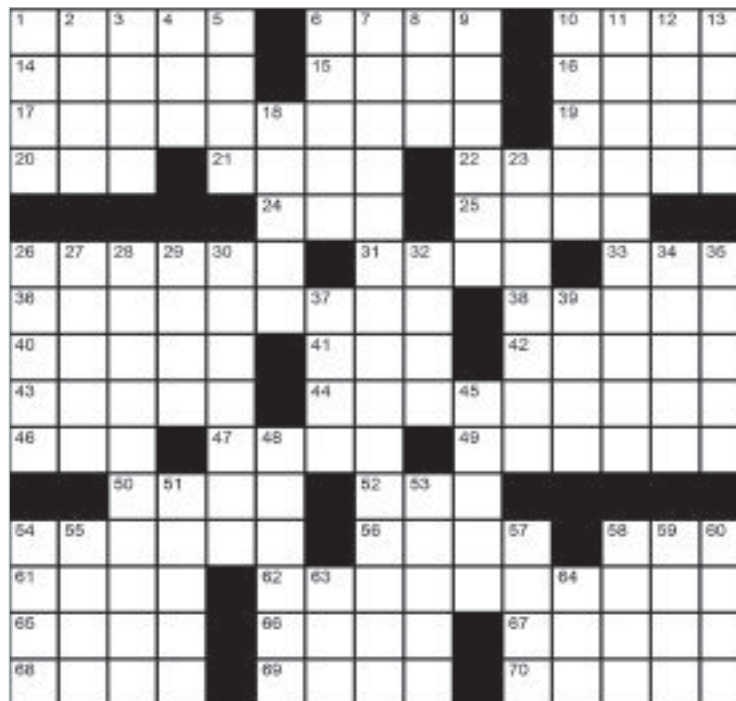
Feb. 20 - March 20

Good news about your money situation will improve your mood. That doesn't mean you have an excuse for a spree. If you come into extra cash, pay what you owe. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. City in Quebec
6. ___ is me :(
10. "Dial ___ Murder" (1954)
14. Valley in Ontario depicted by The Group of Seven
15. "Go! Go! ...and Go!"
16. Singer Mr. Blacc
17. NFLD.: Peridotite rocks in Gros Morne National Park
19. Bereft, in poetry
20. I am. You ___
21. Ancient harp
22. Savvy
24. Purring pet
25. 2014
26. Materialize
31. Legal gig, ___ DA
33. Caesar's 2050
36. Canadian actress/comedian born in St. John's, Newfoundland: 2 wds.
38. English actress Anna
40. "If ___ a Carpenter"
41. Ms. Hagen
42. Cartoon kid on "The Cleveland Show"
43. Sporty events
44. BC city
46. Pou ___ (Vantage point)
47. Undecided
49. Rented
50. Alaskan city
52. Volkswagen car, Jetta ___
54. Metric measures



56. Labels
58. Shania Twain's "Any ___ of Mine"
61. Shape sort
62. Consecutive spouse for, say, a Hollywood executive, predictably: 2 wds.
65. Kind
66. Mr. Ferrigno's
67. Purposes

68. Catches
 69. French 101 verb
 70. The ___: "What's Fair Is Fair" band from Nova Scotia
- Down**
1. Spying's Hari
 2. Culture medium
 3. Mr. Kaplan
 4. Graduation bird
 5. Highlander

6. Scarlett's surname
7. Ontario: Activity in Niagara-on-the-Lake because of the vineyards there: ___-___
8. Library ref.
9. Written works
10. Mediterranean island
11. They were owned by Canadian family

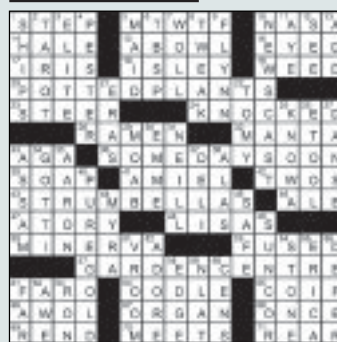
- The Ogilvies: 2 wds.
12. Certain cloud
13. Quebec singer Mr. Simard
18. Fitness fabric
23. Unconstrict: 2 wds.
26. Types of rulers [var. sp.]
27. Be a kitten. See a toy. Do this: ___ it.

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

28. Time in The New World before the Europeans
29. Jane ___ (Famous book)
30. Fantastic
32. Hoax
34. Type of disturbance
35. Andrew Webber link (Musicals composer)
37. Dylan's portrayer on "Beverly Hills, 90210"
39. Uncommon, in Latin
45. HMS Bounty: Captain ___
48. Mortar and ___ (Kitchen duo)
51. Heraldic wreaths
53. Expire
54. Shelley of "Cheers"
55. Jazz vocalist Ms. Anderson
57. Procedure, for short
58. Mr. Holmes, Canadian contractor
59. "___ Good Men" (1992)
60. Headland
63. Deteriorate
64. WWII part

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 8 | 2 | 7 | 3 | 5 | 1 | 6 | 9 |
| 1 | 6 | 5 | 8 | 9 | 4 | 3 | 7 | 2 |
| 9 | 7 | 3 | 1 | 6 | 2 | 8 | 5 | 4 |
| 2 | 9 | 4 | 3 | 5 | 7 | 6 | 8 | 1 |
| 8 | 5 | 1 | 9 | 4 | 6 | 7 | 2 | 3 |
| 6 | 3 | 7 | 2 | 1 | 8 | 4 | 9 | 5 |
| 7 | 4 | 8 | 5 | 2 | 3 | 9 | 1 | 6 |
| 5 | 1 | 6 | 4 | 8 | 9 | 2 | 3 | 7 |
| 3 | 2 | 9 | 6 | 7 | 1 | 5 | 4 | 8 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 9 | 8 | 4 | | 6 | | |
| | | 6 | | | | | | 5 |
| 5 | | | 3 | | | 4 | 8 | |
| | 4 | 1 | | 2 | 8 | | | |
| | | | 7 | 5 | | 1 | 2 | |
| | 7 | 2 | | | 6 | | | 9 |
| 3 | | | | | | 7 | | |
| | | 5 | | 7 | 4 | 2 | | |

Today

10°/2°

Rain

90%

Tuesday

8°/-2°

Showers

40%

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